



# weight complications

CIGNA  
**wellaware**  
for BETTER HEALTH®

make a *personal* commitment  
to your health

**You don't want medical complications caused by excess weight to control your life.**

**Neither do we.**

*If you're overweight, you may also be dealing with a number of health risks that increase significantly with excess weight. That's why we designed **CIGNA Well Aware for Better Health® for weight complications**. A program that helps you understand that weight affects more than just your self image – it can also cause severe health risks. Personalized support and a wide selection of educational materials and tools can help you improve your health and well-being. The only thing you really need to add is your personal commitment.*

**Don't let it weigh you down.**

You may already be receiving care for some weight-related medical conditions. So how does **Well Aware** support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. To better manage and control your health complications. By understanding and taking medications appropriately. And changing your lifestyle.

Understanding how your weight affects you is vital to your overall health and well-being. That's why we provide personal support, including educational material to meet your needs. Access to our website for helpful articles. And reminders of special measures you can take to improve your health.

And because there's no substitute for personal contact, **Well Aware** has a team of registered nurses and other clinicians available to you by phone 7 days a week, 24 hours a day. Our nurses call you to provide personalized support that encourages healthy nutrition, exercise and lifestyle change. They also focus on helping you stop or reverse the unhealthy pattern of escalating weight gain. If you're feeling uncertain or need guidance, they're here to support you with information – and the reassuring benefit of their experience with people dealing with medical complications associated with excess weight.



CIGNA

*A Business of Caring.*



### Take back your life.

Your weight shouldn't keep you from a fulfilling, active life. Through **Well Aware**, you'll learn to manage your condition better and become more aware of steps you can take to improve your health status. As well as the lifestyle changes that can help you gain control over your weight and manage other weight-related issues. With the right tools, and by following a plan you've developed with your doctor, you'll be better equipped to deal with your weight. So you can spend less time managing your weight complications and more time living your life.

### Our commitment.

To help us deliver high-quality service that you can rely on, **Well Aware** for weight complications works with Healthways, Inc., the nation's largest, most experienced disease management company. With 20-plus years experience, Healthways provides services to more than one million people and is the winner of the prestigious Comprehensive Disease Management Company Leadership award.

### Find out more.

For more information about the **Well Aware** program for weight complications, call the **Well Aware** team at **1.866.797.5833**, or visit our website at [www.cigna.com/wellaware](http://www.cigna.com/wellaware).

If you have questions about your benefit plan, please call your health plan's Member Services.

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